

**What is claimed is:**

1. A method for recording in a disk drive having an inductive write head and a magnetic recording disk, the method comprising:

providing a magnetic recording disk with a laminated layer having a lower ferromagnetic layer, an upper ferromagnetic layer and a nonferromagnetic spacer layer between the lower and upper ferromagnetic layers, the magnetizations of the lower and upper ferromagnetic layers being parallel in a first direction in a region of the laminated layer;

directing a magnetic field from the write head to said region of the laminated layer, the strength of said field at the middle of the upper ferromagnetic layer being greater than the intrinsic coercivity of the upper ferromagnetic layer, whereby the magnetization direction in the upper ferromagnetic layer is reversed by said field, and the strength of said field at the middle of the lower ferromagnetic layer being less than the intrinsic coercivity of the lower ferromagnetic layer; and

heating the lower ferromagnetic layer in the presence of the magnetic field to lower its intrinsic coercivity to thereby enable reversal of the magnetization direction in the lower ferromagnetic layer by said field, whereby the magnetizations of the lower and upper ferromagnetic layers are parallel in a second direction opposite said first direction in said region.

2. The method of claim 1 wherein providing a magnetic recording disk comprises providing a disk with an antiferromagnetically coupled (AFC) layer as the lower ferromagnetic layer, the AFC layer comprising a first ferromagnetic film, a second ferromagnetic film and an antiferromagnetically coupling film located between the first and second ferromagnetic films and having a thickness and composition to provide antiferromagnetic exchange coupling of the first and second ferromagnetic films.

3. The method of claim 1 wherein heating comprises directing heat from an electrically resistive heater.

4. The method of claim 1 wherein heating comprises directing heat from a laser.

5. The method of claim 1 wherein providing a magnetic recording disk comprises providing a disk wherein the upper ferromagnetic layer is formed of a material having an intrinsic coercivity substantially higher than the intrinsic coercivity of the lower ferromagnetic layer.